

Have a Family Communications Plan

Your family may not be together when disaster strikes, so plan how you will contact one another and review what you would do in different situations.

A family plan may include the following criteria:

- Establish an out-of-town contact including email address and telephone number (cell phone numbers are also important)
- Have the following information for each family member and keep it up to date:
 1. Name, date of birth, social security number and any important medical information.
 - Where to go in case of an emergency: Address, phone number, neighborhood meeting place, regional meeting place, any work or school information and other places you frequent that would be familiar to family members as an alternate meeting place.

Other important information:

- Doctor
- Pharmacist
- Medical Insurance
- Homeowners/Rental Insurance
- Veterinarian/Kennel (for pets)
- Police non-emergency phone numbers



Each family member should carry this information with them and be sure to practice your plan and keep it updated. You can download a Family Communications Plan from www.ready.gov under "Make a Plan."



Something to Think About

Here are some great tips to think about and practice before a disaster hits:

- Check batteries in smoke detectors and flashlights every six months (usually when you change your clocks.)
- Commit a weekend every year to updating telephone numbers, buying emergency supplies, and reviewing your emergency plan with everyone.
- Draw a floor plan of your house. Plan and practice two escape routes.
- Keep an out-of-state contact (make sure the person listed knows they are the contact).
- Have a supply kit in each car including blankets, non-perishable food, flashlights and maps.
- Learn and become certified in first aid.
- Know where your house's fire extinguisher is and how to use it.
- Know how to turn off utilities to your house and when it is safe to do so.
- Keep your telephone line open.
- Check on neighbors – especially the elderly or disabled.
- Stay away from downed power lines.
- Keep a copy of credit cards or other vital information in your emergency supply kit.
- Have a copy of and understand your homeowners insurance policy and what it covers.
- Keep a list of radio stations and websites that may have critical information to keep you updated during a disaster.

Supply Lists for Short-Term and Long-Term Use (from page 6)

First Aid Kit

- Latex gloves
- Sterile dressing
- Cleansing agent/soap
- Antibiotic ointment
- Burn ointment
- Adhesive bandages in a variety of sizes
- Eye wash solution
- Thermometer
- Various sizes of safety pins
- Sunscreen
- Prescription medications such as insulin, heart medication and asthma inhalers (be aware of medicines that need to be refrigerated)
- Prescribed medical supplies such as glucose and blood pressure equipment



Non-prescription drugs

- Aspirin or non aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for upset stomach)
- Laxative

Other use items to include in your kit:

- List of emergency phone numbers
- Scissors
- Tweezers
- Tube of petroleum jelly or other lubricant
- Duct Tape
- Garbage Bags
- Pliers/Wrench
- Needles, thread
- Cash/Change (or Traveler's Checks)
- Flashlight (extra batteries)
- Whistle
- Dust mask
- Local maps

Don't forget to pack entertainment items such as cards, games and books.